

## Unit 8: Breaking Records

### Reading 1: Born to Win

Answer the questions as you read.

1. What does the writer do in the introductory paragraph to attract the reader's attention? \_\_\_\_\_  
\_\_\_\_\_
2. What does the writer mean when she says that "major improvements in athletic performance were behind us"? (paragraph 2) \_\_\_\_\_  
\_\_\_\_\_
3. What does the writer claim is the reason for the success of great athletes? (paragraph 2) \_\_\_\_\_  
\_\_\_\_\_
4. What follows the topic sentence in paragraph 3? \_\_\_\_\_  
\_\_\_\_\_
5. Why have the Kalenjin people's bodies evolved as they have? (paragraph 3)  
\_\_\_\_\_  
\_\_\_\_\_
6. What type of muscle fibers would be better for an athlete competing in a marathon? (paragraph 4) \_\_\_\_\_  
\_\_\_\_\_
7. What does *Those* refer to in this sentence: "Those with more slow-twitch muscle fibers are more likely to succeed in sports that require endurance." (paragraph 4)  
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\_\_\_\_\_
8. What will your body be able to do if you have a high VO<sub>2</sub> max? (paragraph 5)  
\_\_\_\_\_  
\_\_\_\_\_
9. What two techniques does the writer use to conclude the article? \_\_\_\_\_  
\_\_\_\_\_